

# Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County  
Clark County Public Health • Tobacco Prevention and Education Program

Issue 75!

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

August 2006

## Tobacco Tid-Bits Celebrates 75th Issue!

Tobacco Tid-Bits is celebrating its 75th issue this month. That is over five years of bringing you the latest local, state and national news related to tobacco prevention and cessation efforts. In that five years we have come a long way! The first issue of Tobacco Tid-Bits in May 2000 was mailed out to about 150 recipients. It reported that exactly 50% of businesses in Clark County were smoke-free and Clark County Public Health (then the Southwest Washington Health District) was working on creating a smoke-free decal that businesses could post. In January 2005 our publication went electronic, allowing this e-newsletter to circulate world wide. Also in 2005, voters approved the comprehensive statewide law prohibiting smoking in all indoor public places. The August 2000 issue of Tobacco Tid-Bits reported that when the first Southwest Washington Smoke-free Dining Guide was printed in 1992 is listed just 26 restaurants. In 2000 it jumped to 267 and before the statewide ban went into effect in late 2005, between 80-85% of local restaurants were smoke-free. Our publication has gone from one black and white page to five colored pages with pictures and links to related Web sites and e-mail addresses. Thanks for reading Tobacco Tid-Bits, especially those that have been with us since the beginning of the newsletter and thank you for all your wonderful content ideas and pictures. Your input is always encouraged and welcome. If you have something to share for next time just

[Click here](#)

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## Record Breaking Heat Does not Deter Relay for Life Participants

The American Cancer Society (ACS) Relay for Life of West Vancouver took place July 22 and July 23 at Columbia River High School, Vancouver. Despite the record breaking heat, 132 teams and over 2000 relayers participated. There were 297 survivors honored as they took the first lap to open the Relay at Columbia River High School, after which they were treated to a luncheon provided by Outback Steak House and entertained by the Benign Band while they enjoyed their food. The day was full of children's activities, music from live bands and lots of fun. Saturday night was the very powerful Lumina Ceremony, where over 3500 candles were lit in honor of and in memory of those who have battled cancer. At the end of the hot weekend participants and sponsors had raised



Survivors taking the first lap of the Relay

\$277,000.00. More donations are coming in as the Relay year does not end until August 31. Donations can be made to West Clark County Relay, PO Box 371, Vancouver, WA 98666, or contact: [Wendy.Fisher@cancer.org](mailto:Wendy.Fisher@cancer.org) 503.795.3922. The [Battle Ground Relay for Life](#) will take place August 19-20 from 10 AM -10 AM at Battle Ground high school. [See Calendar](#)

## Families Celebrate Saturday in the Park



The 12th annual *Saturday in the Park* took place July 8 at Esther Short Park in Vancouver. Clark County's annual gay pride event was enjoyed by lots of families. They visited various information booths, picnicked on the grass and listened to music. Esther Short Park is now tobacco-free. The Tobacco Free Coalition of Clark County and the Tobacco Prevention and Education Program at Clark County Public Health shared a booth with the Public Health HIV prevention program. Mr. Ciggy Buttz made a brief appearance at the booth but the warm sunny day extinguished him a little early! Many tobacco cessation materials were distributed, including Gay American Smokeout quit kits. The LGBT (lesbian, gay, bisexual and transgender) commu-

nity is one of several priority groups for tobacco prevention and cessation outreach efforts. In Washington state, research shows the tobacco prevalence among LGBT individuals is between 40-50%, twice as high as the rate of the general population. For more information or samples of the specialized LGBT cessation materials contact: [James Lanz](mailto:James.Lanz@clack.wa.gov): 360.397.8416

## Housing Connections Now Includes a New Smoke-free Housing Feature

Housing Connections.org has launched a new feature for advertising and searching for smoke-free housing. This feature has been developed in partnership with Clark County Public Health, the Multnomah County Health Department, and the American Lung Association of Oregon. Secondhand smoke can easily drift from one apartment to another, and is a major cause of death and disease for children and adults. Now you can find an apartment free of secondhand smoke by using the new "Smoking restrictions" search feature at [www.housingconnections.org](http://www.housingconnections.org). To access this search, follow these steps:

1. Click on the "search for housing" tab on the home page
2. Click on "More Search Options"
3. In the "Unit features" area, click on the drop-down next to "What are smoking restrictions?" to choose one of the search categories: Smoking not allowed- Smoke-free building and outdoor areas means no smoking anywhere on the property, indoors or outdoors. Smoking not allowed- Smoke-free building means no smoking anywhere indoors. Non-smoking unit in building with smoking units means no smoking in designated units or sections, or in units where smokers have moved out or their leases expired. The building is likely becoming smoke-free through attrition. Smoking is allowed. No restrictions on smoking in individual units. Many landlords are finding that restricting or prohibiting smoking is not only good for tenants' health, but also is a good business decision as it saves money on cleaning and maintenance costs, and reduces the risk of fire. Now landlords can list their property's smoking rules more specifically and accurately, and market their property with categories like "Smoke-free building" or "Smoke-free Building and Outdoor Areas. Questions: call Housing Connections at 503.802.8562.

## Skamania County Fair Features Food, Fun and Tobacco Prevention Materials

Nothing says summer time like county fairs and the [Skamania County Fair and Timber Carnival](http://www.skamaniafair.com) is coming up on August 17-20. County fairs have proven to be a wonderful venue for reaching many people in one place. The Tobacco Free Coalition of Skamania County will take advantage of that once again by sponsoring a booth. The booth will focus on the Coalition, the M\*A\*S\*H\* group including photos of their activities, and the Washington Tobacco Quit Line. The Coalition is also sponsoring a Quit Line ad in the fair program. The annual Outdoor Fair Dance will happen on August 19 from 8 PM - 11 PM at Rock Creek Center in Stevenson and the Clark County Public Health Tobacco Prevention and Education Program is working with Skamania Events & Recreation to provide tobacco prevention and cessation materials for youth and young adults who attend. Each year the dance is one of the biggest local events for youth in Skamania County, often drawing 300 young people. Contact: [Renee Hanks](mailto:Renee.Hanks@clack.wa.gov).



## Large Hotel Chain Goes Smoke-free

[Marriott International Inc.](#) announced that it will ban smoking from all rooms and public spaces in their 10 brands of U.S. hotels. Fewer than 10% of Marriott rooms currently allow smoking, but customers still complain of the smell of smoke. Marriott hopes the changes, set to begin in September, will improve customer satisfaction and loyalty. Earlier this year, Westin Hotels & Resorts became the first big chain to adopt such a smoke-free policy. This latest announcement by Marriott represents the industry's largest move to a non-smoking environment, with more than 2,300 hotels and corporate apartments and nearly 400,000 guest rooms under the Marriott, JW Marriott, The Ritz-Carlton, Renaissance, Courtyard, Residence Inn, Spring-Hill Suites, Fairfield Inn, TownePlace Suites and Marriott ExecuStay brands. "Our family of brands is united on this important health issue and we anticipate very positive customer feedback," said J.W. Marriott, Jr., chairman and chief executive officer of Marriott International. The new policy includes all guest rooms, restaurants, lounges, meeting rooms, public space and employee work areas. To avoid alienating customers who smoke, Marriott will provide designated smoking areas, but in locations well-removed from hotel entrances. There is no risk-free exposure level to secondhand smoke, according to a report recently released by the U.S. Surgeon General.

### Women Smoking More Worldwide

More women are smoking worldwide even as male smoking rates decrease, according to a report by the [International Network of Women Against Tobacco](#). Worldwide, 12% of women smoke and by 2025 that number may rise to 20%, the report states. By contrast, 48% of men smoke, but that rate is expected to decline. The report, which used data from the World Health Organization, was released last week at an American Cancer Society conference. Tobacco company marketing targeting women in developing countries may be the source of the rising figures, the report speculates. Ads featuring attractive, modern women on billboards change cultural beliefs about women and smoking, the report says. [7/13/06 Associated Press](#).



### Women Smokers More Likely to Get Lung Cancer

Women who smoke are twice as likely to get lung cancer as male smokers, researchers say, but also are less likely to die of the disease, Reuters reported July 11. "Given the same exposure, women are less likely to die from lung cancer than men, but they also have double the risk of getting the disease," said lead researcher Claudia Henschke of New York-Presbyterian Hospital/Weill Cornell Medical Center. "We're not really sure why that might be." The researchers studied 7,498 women and 9,427 men who smoked and were at least 40 years old, tracking them over a 12-year period. They found that by the end of the study, 156 women and 113 men had developed lung cancer. However, women in the study group were 52% less likely to die of the disease. Experts called for earlier cancer screening for women and more education about cancer risks. [7/12/06 issue of the Journal of the American Medical Association](#).

### Nicotine Patch Use During Pregnancy May Put Baby at Risk

Prenatal exposure to nicotine seems to cause cognitive hearing problems among newborns, according to a study that has implications for smokers as well as pregnant women using nicotine patches to quit smoking. University of California at Irvine (UCI) researchers found that nicotine appears to damage brain receptors in the brains of baby rats that are related to hearing. The damage seems to be caused during the third trimester of prenatal development. That finding raises the concern that women who use the nicotine patch in an attempt to quit smoking during pregnancy might still be putting their babies at risk. [7/26/06 Health Day](#). Local statistics show that during 2001 through 2003, 14.6% of pregnant women in Clark County smoked during their pregnancy. In 2002, 18% of women in Clark County were smokers (defined as someone who has smoked at least 100 cigarettes in their lifetime and currently smokes every day or some days). In Skamania County from 1999 through 2003, 19.4% of pregnant women smoked during their pregnancy. In 2002, 25% of women in Skamania County were smokers (according to the definition above). For support in quitting smoking, call the [Washington State Tobacco Quit Line](#) at 1-877-270-STOP (7867) or in Spanish, 1-877-2NO-FUME (266-3863).



## Learn to Run Effective Meetings

### August 25 - Leading Participative Meetings.

This interactive course provides the essential skills and knowledge to run effective meetings. You will learn to design and lead meetings so that all voices can be heard and decisions can be made that lead to excellent results. You will learn a framework for preparing before, during and after meetings to ensure that the meetings achieve their intended purposes. You will: (1) Share responsibility for success with participants; (2) Create participant satisfaction during meetings; (3) Engage in learning conversations; and (4) Use strategies to expand the possibilities for achieving results and improving relationships. This course is intended for Tobacco prevention contractors and key stakeholders and student assistance specialists. It will take place from 8:30 AM - 4:00 PM at ESD 101 Regal Center, 4202 South Regal, Spokane. Contact Person: Tricia Hughes, [thughes@esd101.net](mailto:thughes@esd101.net) 509.789.3591. For more information and registration click this link: <http://www.tobaccoprc.org/coursedetail.cfm?id=58>

## American Cancer Society SpeakOUT Summer Summit 06

### August 8-11 - American Cancer Society SpeakOUT Summer Summit 2006

SpeakOUT Summer Summit is an annual advanced youth leadership training where high school aged participants learn how to mobilize their peers and communities around the issues of tobacco prevention and school health advocacy in a fun and interactive environment! The American Cancer Society covers all costs associated with the event. Youth who have attended SpeakOUT Workshops, past SpeakOUT Summer Summits or served in a leadership role within a high school tobacco or school health focused youth coalition for one or more years are invited to apply. The SpeakOUT Summer Summit will take place in Auburn, Washington. If you are interested you must request an application packet by contacting: Amber Talbert, e-mail [Amber.Talbert@cancer.org](mailto:Amber.Talbert@cancer.org) or call 800.729.1151 x 104.

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## Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
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- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Public Health Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
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Send photos of your tobacco-related event to:  
[TobaccoTidbits@comcast.net](mailto:TobaccoTidbits@comcast.net)

## Calendar of Events

- 8/8-11 American Cancer Society SpeakOUT Summer Summit** - Auburn. Contact [Amber Talbert](mailto:Amber.Talbert@cancer.org) 800.729.1151 x 104
- 8/17 Skamania County Fair Outdoor Dance**, featuring tobacco cessation materials. Rock Creek Center, Stevenson. Contact: [Renee Hanks](mailto:Renee.Hanks@skamaniafair.org)
- 8/17-20 Skamania County Fair**, featuring Tobacco Free Coalition booth - [Skamania County Fair](#) Grounds.
- 8/19-20 American Cancer Society Relay for Life - Battle Ground**, 10 AM –10AM, Battle Ground High School.  
Contact: [Wendy.Fisher@cancer.org](mailto:Wendy.Fisher@cancer.org) 503.795.3922. Info: <http://www.volunteermatch.org/opps/opp227598.html>
- 9/7 Secondhand Smoke Task Force** meeting, 1:30-3 PM, Clark County Center for Community Health, 3rd floor.  
Contact: [Theresa Cross](mailto:Theresa.Cross@clackcountypubhealth.org), 360.397.8000 x 7378

Please [let us know](#) about your tobacco related events so we can post them here.

## Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: [www.ash.org](http://www.ash.org)
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: [www.no-smoke.org](http://www.no-smoke.org)
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: [www.americanlegacy.org](http://www.americanlegacy.org)
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: [www.tobaccofreekids.org](http://www.tobaccofreekids.org)
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: [www.champss.org](http://www.champss.org)
- [Chewfree.com](#) - A Web site designed to help people quit using chewing tobacco or snuff (smokeless tobacco): [www.chewfree.com](http://www.chewfree.com)
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: [www.seethruthesmoke.com/o2magazine/index.html](http://www.seethruthesmoke.com/o2magazine/index.html)
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: [www.americanlegacy.org/factclipboard](http://www.americanlegacy.org/factclipboard)
- [SecondHandSmokesYou](#) - Washington State Department of Health information on the revised Clean Indoor Air Act (RCW 70.160) that went into effect 12/8/05: [www.secondhandsmokesyou.com](http://www.secondhandsmokesyou.com)
- [SeeThruTheSmoke.com](#) - A Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: [www.seethruthesmoke.com](http://www.seethruthesmoke.com)
- [Smoke-Free Environments Law Project](#) - includes detailed information on reasons why smoke-free apartments make sense for landlords and tenants and are in conformity with the law. Lists methods of addressing the issue and links to other Web resources: <http://www.tcsq.org/sfelp/apartment.htm>
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: [www.SMOKEFREE.net](http://www.SMOKEFREE.net)
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: [www.smokefreefamilies.org](http://www.smokefreefamilies.org)
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: [www.TobaccoScam.ucsf.edu](http://www.TobaccoScam.ucsf.edu)
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: [www.QuitLine.com](http://www.QuitLine.com)
- [Tobacco Prevention Resource Center](#) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. [www.tobaccoprc.org](http://www.tobaccoprc.org)
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: [www.ttac.org](http://www.ttac.org)

**Links to external resources are provided as a public service and do not imply endorsement by the Clark County Health Department.**